

# Strive to Thrive

Are you *thriving*  
or *just surviving*?

**Thriving**

**Introduction**

**Transitions**

## CLASS DATES:

Wednesdays

Feb. 16, 23, Mar 2, 9, 16  
2022

1:30 – 3:00 p.m.

Space is limited Register  
Early!



## CLASS LOCATION:

MS Teams (virtual)

You will receive a link  
once you are  
registered.

**Resilience**

**Building  
Connections**

## Mental Wellness For All

*Strive to Thrive is a program to help you explore your symptoms of wellness and improve your mental health. It is a FREE 5-week program to help develop skills, knowledge and practices to empower you to thrive.*

To register call: 1-877-509-7852

Or

E-mail: [healthpromotion2@pmh-mb.ca](mailto:healthpromotion2@pmh-mb.ca)

[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)



**PRAIRIE MOUNTAIN HEALTH**